



8 Team Robins members committed suicide in 2008.
That is **8** too many! **You Matter!**

Employee Assistance Program
(Civilian Assistance):
800-222-0364 or 478-327-7683

Mental Health
(For Active Duty &
Emergency Civilian Evaluation)
478-327-8398

Military Life Consultant
478-327-2987

Chaplain
478-926-2821

American Foundation
for Suicide Prevention
888-333-2377

Are
these statements true
about you
or
Someone you know?

- ☐ No one can understand this situation
- ☐ Feelings of failing at work
- ☐ Deeply shamed of something done that could lead to trouble
- ☐ Drinking more than a month ago
- ☐ Feelings of being deserted
- ☐ A relationship problem which can't be fixed
- ☐ Having major money problems
- ☐ Suffering a traumatic event recently

If **one** of the above is **true**,
your risk for suicide is building.
If **more** than one is **true**,
don't wait, call one of the
helping agencies listed.

YOU MATTER!

8

Lives taken
Loved ones abandoned
Families emotionally crushed
People who didn't ask for help
Homes devastated by the pain
Groups of coworkers who didn't see it coming
Sets of friends who wish they could have done more

YOU MATTER!
Suicide is not prevented
in the hospital
emergency room.
It is prevented in the unit
by addressing quality of
life concerns on a daily
basis.

Suicides can be prevented. Pay
attention to the people in your lives.
Watch for signs: Recent traumatic
events, relationship issues, feeling
disconnected from others and alone,
heavy drinking, money problems,
and substance abuse.

FINAL THOUGHTS ABOUT SUICIDE

△ Suicidal thoughts are
more common than most peo-
ple care to admit

△ It is important to let peo-
ple know when you feel over-
whelmed

△ Take the time to be that
ear to bend when people need
to talk

△ Suicide is a permanent
solution to a temporary prob-
lem. You Matter!